



THE SOURCE

People Dealing With Flooding Experiencing Stress

A Message From Director Scot Adams

The flooding in the eastern and western parts of the state is causing disruption and turmoil for many Nebraskans. In times like these, it is understandable that people experience stress.

Stress is a normal response to events like floods and other natural disasters. People don't know what to expect, and that uncertainty adds to the stress. Stress can cause physical symptoms, like upset stomach, headaches, and muscle tension. But everyone experiences stress differently. The more signs and symptoms you notice in yourself, the closer you may be to stress

overload.

Stress warning signs and symptoms include moodiness, anxiety, irritability, constant worrying, inability to relax, feeling overwhelmed, a sense of loneliness or isolation, and feelings of depression.

Resilience is the ability to respond positively to difficult situations, to cope with change, and to endure. It involves maintaining flexibility and balance in life during stressful circumstances and traumatic events. Resilient people eventually recover from severe stress and loss, and return to what is nor-

mal for them.

Signs of resilience include optimism, flexibility, self-confidence, a sense of competence, perseverance, feelings of social connectedness, and hopefulness. Individuals become resilient by developing a capacity to adapt and by reaching out to others for support. Families can be resilient by providing a sense of belonging to one another. It's important for members of a family to feel that when their world is unstable, they have each other.

If you are stressed,



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Nebraska Sex Offender Treatment Program

Mission: Providing Sex Offender treatment to prepare for community reintegration while maintaining public safety.

Vision: Helping people rebuild their lives with no more victims.

try to relax by talking with others or by taking some time away from the flood scene to regroup and to rest. Eat balanced meals on a regular basis, and, if possible, get some exercise to unwind.



Getting help when it's needed is crucial to strengthening resilience. If stress is interfering with your day-to-day life or you feel like giving up, get help.

Stay in touch with family and friends, find a support network, or talk with a counselor.

If you or someone you know is suffering from stress due to flooding, call the NEMA Public Information Hotline at 855.211.2453 or 855.211.2454. The operators can provide you with information on mental health crisis counseling, rebuilding resilience, and available services.

ience, and available services.

Resources can also be found on the DHHS Network of Care site at <http://www.dhhs.ne.gov/NetworkofCare> or by calling the Nebraska Family Helpline at 1.888.866.8660.

Let's all work on building resilience so that we can meet life's challenges and, with the support of our families and friends, still thrive.

July Birthdays

- 1 - Marilyn Blunck
- 3 - Shirley Brudigan
- 4 - Seth Lauver
- 5 - Lois Brennehan
- Benjamin Kohlhof
- 7 - Joyce Hoferer
- 8 - Kimberly Synovec
- 9 - Douglas Moats
- 12 - Susan Johnston
- 13 - Shelby Timperley
- 14 - Joy Wieseler
- 15 - Pam Anderson
- Lori Russell
- 19 - Sandra Spreeman
- 20 - Clinton Brausey
- 27 - Lukas Maier
- Casey Eppenbach
- 29 - Sharon Koehler
- 30 - Ray Winter



July Anniversaries

- 1 - Diane Nelsen (15 years)
- 2 - Michael Gettman (21 years)
- TyLynne Bauer (4 years)
- 6 - Lukas Maier (1 year)
- 8 - Barbara Buettgenbach (17 years)
- 9 - Sheryl Hansen (27 years)
- Victor Van Fleet (4 years)
- 13 - Margaret Pick (19 years)
- 15 - Corrine Janovec (26 years)
- Jay Hledik (14 years)
- 18 - Rebecca Inness (17 years)
- Patricia Bethune (15 years)
- 23 - Bryan Bretschneider (26 years)
- 25 - Verlin Redlinger (34 years)
- 27 - Terry Hess (13 years)
- 29 - Dawn Collins (27 years)
- Lori Nuttelmann (17 years)
- Steven Daniels (9 years)
- Shirley Drahota (9 years)
- 31 - Barbara Maas (40 years)

Please Welcome New NRC Employees



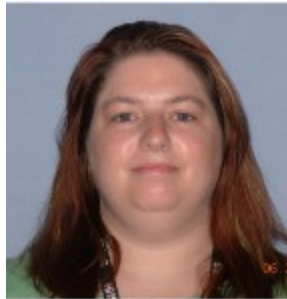
Bradley Brooks
Mental Health
Security Specialist II



Clinton Brausey
Mental Health
Security Specialist II



Kenneth Ramsay
Mental Health
Security Specialist II

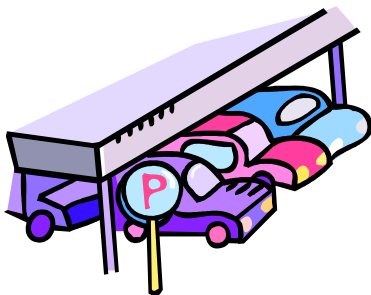


Karri Roling-Wilson
Mental Health
Security Specialist II



Seth Lauver
Mental Health
Security Specialist II

Parking Lot Lottery



Winners for the month of July are:

- | | |
|------------------|------------------|
| 1. Myron Wagner | 5. Susie Kohlhof |
| 2. Diane Hassler | 6. Darlene Ave |
| 3. Ray Winter | 7. Mike Gettman |
| 4. Margaret Pick | 8. Joyce Hoferer |

Rate Your Risk for Malignant Melanoma

Submitted by Julie Beutler, RN, Associate Director of Nursing

Malignant melanoma is considered the most serious form of skin cancer. It is also almost 100% curable when found and treated early. A high cure rate is closely linked to recognizing the risk factors.

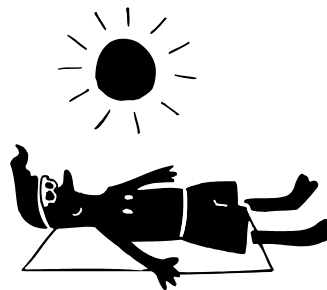
Ask yourself these questions to determine your risk:

- Do you have fair skin?
- Do you have red or blond hair?
- Does your skin burn easily?
- Did you have one or more severe sunburns as a child?
- Do you have more than 50 skin moles?
- Has anyone in your family been diagnosed with melanoma?
- Do you have an outside lifestyle — hobby or job?

If you answered YES to even one of these questions, you are at risk of developing melanoma.

The following are steps you can take to minimize your risk.

- Know the ABCDE's of melanoma (see sidebar.)
- Know your skin; what's normal, what's not, what's new or different.
- Learn how to examine your skin and do it regularly.
- See a dermatologist if you find a mole or spot that looks suspicious.
- Be smart about your sun exposure.



Asymmetry — Do the halves of a mole or lesion match each other?

Border — Is the outer edge of a mole or lesion irregular or ragged?

Color — Does the color of a mole or lesion vary inside its borders? Does the mole have shades of brown, black and blue? Or white, red or blue?

Diameter — Is a mole bigger around than the eraser on a No. 2 pencil (about 6 mm)?

Evolving — Is a mole changing in size, shape or color? Does it look different than other skin lesions around it?

“Lettuce” Learn

Submitted by Julie Beutler, RN, Associate Director of Nursing

- ♦ Lettuce is a member of the sunflower family.
- ♦ Darker green lettuce leaves are more nutritious than lighter green leaves.
- ♦ Americans eat about 30 pounds of lettuce every year.

That's about five times more than what we ate in the early 1900's.

- ♦ In the United States, lettuce is the second most popular fresh vegetable.
- ♦ Almost all lettuce is packed

right in the field.

- ♦ About 25% of all iceberg lettuce is made into fresh cut salads.



What's Cooking at NRC

Submitted by Bonnie Bergland — She challenges Cami Long to submit a recipe for the next issue of *The Source*.

S'MORES CUPCAKES

Paper cupcake liners work best. Foil liners trap moisture, resulting in gummy, soggy cupcakes.

For the Cupcakes

1 1/2 c. powdered graham cracker crumbs (about 12 whole graham crackers)

1/2 c. all-purpose flour

1/2 tsp. each ground cinnamon, baking powder, & table salt

1/4 tsp. baking soda

Cream

1 1/2 sticks unsalted butter, room temperature

1 c. sugar

3 eggs, room temperature

1 T. molasses

1 tsp. vanilla extract

1/2 c. buttermilk

Chocolate Ganache

1/3 c. heavy cream

2 tsp. light corn syrup

4 oz. milk chocolate, finely chopped

Heat cream and corn syrup in a small saucepan over medium until simmering. Pour cream over chocolate in a bowl; let stand 5 minutes. Whisk mixture until chocolate is smooth; let stand until thickened, 45 minutes to 1 hour.

Marshmallow Topping

1 pkg. unflavored gelatin (.25 oz)

1/4 c. cold water

Sprinkle gelatin over cold water in bowl of stand mixer; set aside.

1/2 c. sugar

1/2 c. light corn syrup

1/4 c. water

1/8 tsp. kosher salt

Add: 1 tsp. vanilla extract

Boil sugar, corn syrup, 1/4 cup water and salt in a small saucepan over medium-high heat until mixture reaches 240° on a candy thermometer, about 10 minutes; immediately remove from heat. With whisk attachment on low speed, slowly drizzle syrup down side of mixer bowl into gelatin mixture. Once all syrup is added, gradually increase speed to high. Whip mixture until billowy and lukewarm, about 6 minutes. During last minute of whipping, add 1 tsp. vanilla extract.

Directions

Preheat oven to 350°. Line a 12-cup muffin pan with liners. For cupcakes, whisk together graham crackers, flour, cinnamon, baking powder, salt and baking soda in a bowl; set aside. Cream butter and sugar in a bowl with a mixer on medium speed until fluffy, about 3 minutes. Add eggs, one at a time, mixing after each addition until incorporated. Mix in molasses and vanilla. Alternately add graham mixture and buttermilk (starting and ending with the graham mixture) until combined. Fill each muffin cup two-thirds full of batter. Bake cupcakes until a toothpick inserted in center comes out clean, 25-30 minutes; cool in pan 5 minutes. Remove cupcakes to a rack to cool.

To Assemble

Spread 2 tsp. ganache over top of each cupcake, then pipe on marshmallow topping.



Leave of Employment

June 5, 2011

Lindsay Verzani, MHSS II

June 6, 2011

Benjamin Schenck, MHSS II — Guard

June 16, 2011

Steve Peyton, MHSS II

The trouble with taking a middle-of-the-road position is that you can get run over from either direction.



HAVE A HAPPY AND SAFE



4TH OF JULY!!

Pro Probiotics!

Probiotics are all the rage in maintaining good health. Probiotics are an assortment of microorganisms — essentially the healthy bacteria that you want in your digestive system. The more of them there are, the less room there is for the bad bacteria. This means you digest better, getting more nutrients from your food, and you boost your immune system as well.

Probiotics come in a variety of forms. They can be taken as

pills, powders, or other supplements. They are also found in foods like yogurt, kefir, fruit juices, miso, tempeh, chocolate bars, and anywhere else that makes a good environment for the little guys to grow. Some of these foods have natural probiotics and others have been fortified with them. The fortified products generally make a point of saying "probiotic" on them, as it is an important sales point.

Look for them, and check with your healthcare provider to see which probiotics are right for you to give your immune system a boost!

For more information, visit www.mayoclinic.com/health/probiotics.

Source: Printer's Press, Big Red Printing, Issue 1 2011



Hand Hygiene Quiz

Submitted by Joy Wieseler, RN, Infection Control Coordinator

Hand hygiene is the best way to prevent infection. Test yourself.

1. If infectious matter gets on your hands:

- A. the sooner you wash it off, the less chance you have of becoming infected.
- B. it's ok to wait a while and then wash it off whenever you can.

2. The Centers for Disease Control & Prevention (CDC) recommends that healthcare professionals wash their hands with soap and water properly for at least:

- A. 30 seconds.
- B. 15 seconds.
- C. 20 seconds.



3. According to CDC studies, an effective way to reduce multi-drug-resistant pathogens is:

- A. to use alcohol-based skin decontamination.
- B. to wash with soap and water.
- C. none of the above.

4. To turn off a faucet after washing their hands, a healthcare professional must use:

- A. a towel.
- B. their pinky finger.
- C. the upper side of their hands.

5. You should wash your hands after removing gloves:

- A. only if a glove has been

punctured.

- B. all the time.

6. The substances more drying and irritating to the skin are:

- A. alcohol-based sanitizers.
- B. Soap and water.
- C. Both are equally drying and irritating.

NOTE TO NRC STAFF MEMBERS: Email your answers to the 6 questions to Joy at joy.wieseler@nebraska.gov by Monday, 7/11/11, at 1700. Those who answer all 6 questions correctly will be entered in a drawing for 6 prizes.

Answers and prize winners will be published in the next issue of *The Source*.

Nutrition Nuggets

Submitted by Julie Beutler, RN, Associate Director of Nursing

- A third of adolescents eat two or fewer family meals per week.
- Adding blueberries instead of strawberries to your cereal will more than double your antioxidant intake.



- One ounce of walnuts has as many omega-3 fats as a 4-ounce piece of salmon.
- Compared to iceberg, romaine lettuce has more of just about every nutrient, including 8.5

times more vitamin C.

- Compared with an 8-ounce glass of orange juice, a medium orange has half as much sugar and 3 more grams of fiber.



DHHS - NORFOLK REGIONAL CENTER

DHHS—STATE OF
NEBRASKA

Norfolk Regional Center
1700 N. Victory Road,
Bldg. 16
PO Box 1209
Norfolk NE 68702-1209
Email:
marg.hipp@nebraska.gov
402.370.3315



The Source is an employee newsletter written by the employees and published monthly for the employees within the Norfolk Regional Center. Articles and ideas for publication are always welcome and can be forwarded to any member of the Editorial Board.

It is the policy of the Editorial Board to attempt to print any article that does not attack another person. The Editorial Board reserves the right to edit articles for size and content. Articles sent to the Editorial Board must be signed, but the writer may request to have their name withheld. Please contact us with submissions for the next edition, and with your comments on the newsletter!

NRC Editorial Board

Marg Hipp - Editor - 370.3315

TyLynne Bauer - 370.3328

Susie Kohlhof - 370.4313

Marilyn Stromberg - 370.3142

Signs and Notices Posted

Pizza shop slogan: "Seven days without pizza makes one weak."

At a towing company: "We don't charge an arm and a leg. We want tows."

On a plumber's truck: "We repair what your husband fixed."

In a non-smoking area: "If we see smoke, we will assume you are on fire and take appropriate action."

At an optometrist's office: "If you don't see what you're looking for, you've come to the right place."

On a taxidermist's window: "We really know our stuff."

In a podiatrist's office: "Time wounds all heels."

On the trucks of a plumbing company: "Don't sleep with a drip. Call your plumber."

In the front yard of a funeral home: "Drive carefully. We'll

wait."

On a fence: "Salesmen welcome!"

Dog food is expensive."

At the electric company: "We would be de-lighted if you send in your payment. However, if you don't, you will be."

In a restaurant window: "Don't stand there and be hungry. Come on in and get fed up."

